


MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
30	31	1	2	3	4	5
6	7	8	9	10	11	12
<p><b>13 Term Starts</b></p> <p>Wellbeing College indoor beach party 11am to 1pm Venue to be announced</p> 	14	15	16	<p>17</p> <p>Me and my black dog 12pm to 2:30pm Leek Fire Station</p>	18	19
20	<p>21</p> <p>Your College journey 10:30am to 12:30pm The Bridge Centre</p>	22	<p>23</p> <p>Be your own health information detective 10:30pm to 12:30pm Longton Fire Station</p>	24	25	26
<p>27</p> <p>Understanding psychosis 11am to 1:30pm Hope Community Church</p>	28	29	<p>30</p> <p>Expressive writing 1/4 10:15am to 12pm Online, via Ms Teams</p>	1	2	3

## How to book on:

**New to the College?**

Complete the enrolment form at [wellbeingcollege.combined.nhs.uk](https://wellbeingcollege.combined.nhs.uk)  
and we'll be in touch to get you started.

**Already enrolled with us?**

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call/text 07790 985794 or 07971 996653.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
27	28	29	30	1 Living well with BPD (EUPD) 10:30am to 1pm RVS centre Hanley	2	3
4 Bank Holiday	5 Getting back on your feet 1pm to 3pm Middleport Medical Centre	6	7 Expressive writing 2/4	8 Empowered, not overpowered 10.30am to 1pm Middleport Medical Centre	9	10
11 Tackling anxiety 12pm to 2:30pm Kingsgrove library	12 Telling your story 10am to 12pm UNISON, Stoke	13	14 Expressive writing 3/4	15 Healthy Hearts 1:30pm to 3:30pm Westport lake	16	17
18 Squirrel trail Wellbeing Showcase 12pm to 2pm Knypersley Reservoir	19	20	21 • Expressive writing 4/4 • Understanding Reasonable adjustments 1:30pm to 4pm, Shelton Primary Care Centre	22 Mood and movement 12pm to 1pm YMCA, Hanley	23	24
25	26	27	28	29	30	31
Half term break						

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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1	2 Creating Pride 2:30pm to 4pm YMCA Hanley	3	4	5 Piecing together your mental health journey 10:30am to 12:30pm Shelton Primary Care Centre	6	7
8	9 What is co-production? 12:30pm to 2:30pm Longton Fire Station	10	11 AuDHD & me 12pm to 2:30pm New Vic Theatre	12 Getting involved 12pm to 2pm Ashtenne Unit 22, Trentham	13	14
15	16 Connect, adjust, include: living with a learning disability 10:30am to 12:30pm Blurton Community Hub	17	18 Grief out loud 11:30am to 1:30pm Biddulph Fire Station <i>Followed by 1-hour drop-in from Dove</i>	19 Getting involved - selecting the best 12pm to 2pm Ashtenne unit 22, Trentham	20	21
22	23 Caring for carers 12pm to 2:30pm RVS Centre Hanley	24 My Safety Box Wellbeing Showcase 12:30pm to 2:30pm Newcastle Guildhall	25	26 Self-care in 2026 and beyond 10am to 12pm Dougie Mac Wellbeing Centre	27	28
29	30 Let's talk addiction 12pm to 2pm UNISON, Stoke	1	2	3	4	5


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MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
29	30	1	2 Dyslexia & me 10am to 12pm Meir Primary Care Centre	3 College facilitator training 10am to 3pm The Bridge Centre	4	5
6 Menopause & me 12pm to 2pm Kingsgrove library	7 Veterans moving on 10:30am to 12:30pm The Bridge Centre	8 Living well with Borderline Personality Disorder (also known as EUPD) 1pm to 3.30pm Sandyford Fire Station	9	10 Connecting with nature - Summertime growth 12pm to 2:30pm Westport Lake Cafe	11	12
13	14	15 Living with loneliness - my path to connection 12:30pm to 3pm Hazel trees, Fenton	16 Mindfulness to fit your life 1:30pm to 4pm Newcastle Guildhall	17  <b>Term ends</b> See you in September!	18	19
20	21	22	23	24	25	26
Summer holidays - see you in September!						
27	28	29	30	31	1	2
Summer holidays - see you in September!						

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